



STAY ALERT. STAY ALIVE. **HURRICANE AWARENESS**

MISSISSIPPI DEPARTMENT OF HEALTH

Making a Disaster Supply Kit

The Mississippi Department of Health (MDH) encourages Mississippians to keep a disaster supply kit on hand. Disaster supply kits for home or evacuation should include items in six basic areas: (1) water, (2) food, (3) first aid supplies and medications, (4) clothing and bedding, (5) tools and emergency supplies, and (6) important family documents.

You will need these supplies if you are confined to your home. They are also valuable if you evacuate to a place other than a well-stocked shelter, or if you're unsure of the shelter's supplies.

Tips for Making Your Kit

- Keep loose items in airtight plastic bags.
- Gather the kit's items in easy-to-carry containers or duffel bags. Put them within reach, near the exit you use most often.
- Check and update your kit and family needs at least once a year.

Tips for Water & Food

- A normally active person needs to drink at least two quarts of water daily. Heat and intense activity can double this amount. Children, nursing mothers and those with special needs may require more.
- Food preparation and sanitation require another two quarts (minimum) per person daily.
- Purchased bottled water that has been sealed is best for storage. If you must disinfect water, use unscented bleach in the ratio of eight drops per gallon, about 1/8 teaspoon, and let the mixture sit 30 minutes before use.
- Choose compact, lightweight foods that do not require refrigeration, cooking or preparation and foods that use little or no water.
- Hand washing with soap and water is extremely important. If water for hand washing is unavailable, use alcohol-based sanitizer.

Water & Food

Pack a three-day supply, including:

- One gallon of water per person per day
- Ready-to-eat canned meats, fruits and vegetables
- Staples (salt, sugar, pepper, spices, etc.)
- Powdered milk, canned juices
- High-energy snacks
- Favorite foods

- Food for infants
- Food for individuals with special needs
- Pedialyte (to restore hydration if needed)
- Mess kits or paper cups, plates and plastic utensils
- Non-electric can opener, utility knife

Tools & Emergency Supplies

- Cash or traveler's checks, coins
- Map of the area for locating shelters
- Battery-operated radio, extra batteries
- Flashlight, extra batteries
- Fire extinguisher: small canister ABC type
- Pliers, compass, signal flare, whistle
- Shut-off wrench to turn off household water gas
- Tube tent
- Plastic sheeting
- Plastic storage containers
- Plastic bucket with tight lid
- Plastic garbage bags and ties for sanitation
- Tape (duct, masking)
- Candles
- Matches in a waterproof container
- Paper, pencil
- Needles, thread
- Medicine dropper
- Aluminum foil
- Toilet paper, towelettes, towels
- Soap, liquid detergent
- Disinfectant
- Unscented household chlorine bleach
- Feminine supplies
- Personal hygiene items
- Infant supplies (diapers, bottles and pacifiers)

Clothing & Bedding

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes, work boots, hats and gloves
- Blankets or sleeping bags
- Rain gear
- Extra prescription glasses, sunglasses

First Aid Kit

Assemble a first aid kit containing these items for your home and one for each car.

Keep ready a three-day supply of each person's vital medications to include in the kit.

- Prescription drugs
- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4–6)
- 4-inch sterile gauze pads (4–6)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)

- Triangular bandages (3)
- Latex gloves (at least 2 pairs)
- Cleansing agent, soap and moistened towelettes
- Antiseptic
- Petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Scissors, tweezers, needle
- Thermometer
- Tongue depressors (2)
- Non-prescription drugs
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative
- Antibiotic ointment
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Activated charcoal (use if advised by the Poison Control Center)
- Sunscreen
- Mosquito repellent, with DEET

Important Family Documents

Keep copies of records in a waterproof, portable container.

- Wills
- Insurance policy
- Deeds, title and mortgage documents
- Stocks and bonds
- Social Security cards
- Passports
- Immunization records
- Bank account numbers
- Credit card account numbers and company phone numbers
- Household goods inventory
- Family records (birth, marriage, death certificates)
- Current photographs of family members
- Prescriptions

For more information on hurricane preparedness, visit the MDH website at www.HealthyMS.com or contact the Mississippi Department of Health toll-free 24 hours a day, seven days a week at 1-866-HLTHY4U (1-866-458-4948).